



What is the link
between
humans and
stardust?

Take it further:

THINK

What curiosity questions can you ask?

e.g. How often do you look at the stars? Do you ever consider the Earth and stars as part of your home? Where do humans come from and what are we made from? What is stardust?

FEEL

How might different people feel about this?

e.g. How do you feel when looking up at the night sky and seeing the stars? How does it make you feel to hear that you are made of stardust and that you are part of a wide universe?

CONNECT

What links can you start to make?

e.g. What is the universe? How do the stars and the moon influence our life here on earth? What does it mean that we are a part of the universe? How is a single person connected to the bigger world (the universe)?



Activity ideas:

1. What is the universe and our solar system? How are the Earth, the Moon, and the Sun connected? Use this informational worksheet to learn more about the planets and to get a better idea as to how large these planets are compared to us humans. This is a good activity to begin with before jumping into the activities below:
[Exploring our solar system](#)
2. Have a look at the universe with your own eyes. If you can and if it's clear enough, you can see the universe with your own eyes: simply go outside and stargaze. You will need to wait for a clear night with not too many clouds. When the time is right, think about how it makes you feel to see the stars.
Use this worksheet to help guide you:
[Stargazing](#)
3. It can be quite overwhelming to understand how massive the universe is and how small we, as human beings, really are. This activity invites you to reflect on a poem which shows how to feel happy and comfort in knowing that you are part of something much bigger than you might know. You can read the poem and explore the activity here:
[Reflecting on the universe](#)

USE THE **EXPLORER'S GUIDE TO HELP YOU*

What other activities could you do?

